TIMETABLE

TRACK SATURDAY					
T1	U20 W	400m Hurdles	Heats	10.30	
T2	U23 W	400m Hurdles	Heats	10.40	
T3	U20 M	400m Hurdles	Heats	10.50	
T4	U23 M	400m Hurdles	Heats	11.00	
T5	U20 M	1500m	Heats	11.10	
T6	U23 M	1500m	Heats	11.20	
T7	U20 W	100m	Heats	11.40	
T8	U23W	100m	Heats	12.00	
T9	U20 M	100m	Heats	12.15	
T10	U23 M	100m	Heats	12.35	
T11	U20 W	400m	Heats	13.00	
T12	U23 W	400m	Heats	13.20	
T13	U20 M	400m	Heats	13.40	
T14	U23 M	400m	Heats	14.00	
T15	U20 M	5000m	Final	14.20	
T16	U23 M	800m	Heats	14.40	
T17	U20 W	100m	Semi-Finals	14.55	
T18	U23 W	100m	Semi-Finals	15.10	
T19	U20 M	100m	Semi-Finals	15.20	
T20	U23 M	100m	Semi-Finals	15.35	
T21	U23 M	5000m	Final	15.50	
T22	U20 W	800m	Heats	16.10	
T23	U20 M	800m	Heats	16.30	
T24	U20 W	1500m	Heats	16.40	
T25	U23 W	1500m	Heats	16.55	
T26	U20 M	3000m S/Chase	Final	17.10	
T27	U23 M	3000m S/Chase	Final		
T28	U20 W	100m	Final	17.25	
T29	U23 W	100m	Final	17.30	
T30	U20 M	100m	Final	17.35	
T31	U23 M	100m	Final	17.40	
T32	U20 W	400m	Semi-Finals	17.45	
T33	U23 W	400m	Semi-Finals	17.55	
T34	U20 M	400m	Semi-Finals	18.05	
T35	U23 M	400m	Semi-Finals	18.15	

TRACK SUNDAY				
T36	U20M	10K Walk	Final	9.50
T37	U23M	10K Walk	Final	9.50
T38	U20W	10K Walk	Final	9.51
T39	U23W	10K Walk	Final	
T40	U20 M	400m Hurdles	Final	11.05
T41	U23 M	400m Hurdles	Final	11.10
T42	U20 W	400m Hurdles	Final	11.15
T43	U23 W	400m Hurdles	Final	11.20
T44	U20 W	200m	Heats	11.30
T45	U20 M	200m	Heats	11.50
T46	U23 M	200m	Heats	12.15
T47	U20 M	1500m	Final	12.40
T48	U20 W	1500m	Final	12.45
T49	U20 W	100m Hurdles	Heats	12.55
T50	U23 W	100m Hurdles	Heats	13.10
T51	U20 M	110m Hurdles	Heats	13.20
T52	U23 M	110m Hurdles	Heats	13.35
T53	U20W	5000m	Final	13.50
T54	U23 W	5000m	Final	13.50
T55	U23 W	200m	Heats	14.10
T56	U20 W	200m	Semi-Finals	14.25
T57	U23 M	200m	Semi-Finals	14.40
T58	U20 M	200m	Semi-Finals	14.55
T59	U23 M	1500m	Final	15.10
T60	U23 W	1500m	Final	15.15
T61	U20 W	400m	Final	15.25
T62	U23 W	400m	Final	15.30
T63	U20 M	800m	Final	15.35
T64	U23 M	800m	Final	15.40
T65	U20 W	800m	Final	15.45
T66	U23W	800m	Final	15.50
T67	U20 M	400m	Final	15.50
T68	U23 M	400m	Final	16.00
T69	U20 W	3000m S/Chase	Final	16.10
T70	U23 W	3000m S/Chase	Final	16.10
T71	U20 M	200m	Final	16.25
T72	U23 M	200m	Final	16.30
T73	U20 W	200m	Final	16.35
T74	U23 W	200m	Final	16.40
T75	U23 W	100m Hurdles	Final	16.50
T76	U20 W	100m Hurdles	Final	16.55
T77	U23 M	110m Hurdles	Final	17.00
T78	U20 M	110m Hurdles	Final	17.05

FIELD SATURDAY				
F1	U20 W	Hammer		10.00
F2	U20 M	Pole Vault		10.45
F3	U23 M	Triple Jump		10.45
F4	U20 W	Shot		11.15
F5	U20 M	Hammer		11.45
F6	U20 M	Long Jump		12.15
F7	U23 M	High Jump		12.15
F8	U23 M	Discus		13.15
F9	U20 M	Shot		13.15
F10	U23M	Shot		13.15
F10	U20 W	Pole Vault		14.00
F11	U23 W	Long Jump		14.15
F12	U23 W	Discus		14.45
F13	U23 W	High Jump		15.15
F14	U20 W	Triple Jump		16.00
F15	U20 W	Javelin		16.15
F16	U20 M	Javelin		17.15

FIELD SUNDAY				
F17	U23 W	Hammer		9.30
F18	U23 M	Pole Vault		10.30
F19	U20 W	High Jump		10.30
F20	U20 M	Triple Jump		10.30
F21	U23 M	Hammer		11.10
F22	U23 W	Shot		11.30
F23	U23 W	Triple Jump		12.20
F24	U20 M	Discus		12.30
F25	U20 M	High Jump		13.15
F26	U20 W	Long Jump		13.30
F27	U20 W	Discus		13.40
F28	U23 W	Pole Vault		14.15
F29	U23 M	Javelin		14.50
F30	U23 M	Long Jump		15.15
F32	U23 W	Javelin		16.20